

## Yoga in Denali

Denali National Park and Preserve

June 21 - 24, 2024

### Course Description

The Sanskrit term yuj, from which the word yoga is derived, is usually translated as “union” or “linking.” This joining is the focus of Yoga in Denali: Land & Body. The grand landscape of Denali invites the soul to remember the most cherished relationships and “links” in life. Through breathing practices, sequences of asanas (physical postures), and meditation in nature, you can build a deeper understanding and connection to Denali. Join Mila Cooper, a yoga teacher with over 14 years of experience, in being humbled by the environment and strengthened in body and spirit through yoga practice. Come away inspired to incorporate stewardship of natural places into your daily life and practice. This course is appropriate for all experience levels.

### Hiking Distances and Physical Fitness

No prior yoga experience is needed for this course. Hiking will also be included and will be moderately strenuous over uneven tundra, forest, and river bar terrain, and may cover distances of up to 4 miles round trip with as much as 1,500 feet of elevation gain. We will likely encounter wet tundra / forest conditions and stream crossings with water levels that are above hiking boots. **Participants must be in good physical condition.** If you are uncertain about your physical ability for this course, please contact us for more information.

### Times and Location

Participants meet at the Murie Science and Learning Center, located at mile 1 of the Denali Park Road. Check-in starts at 6:00pm on Friday. The course begins at 6:30pm and will return to the park entrance area around 4pm on Monday.

### Lodging and Meals

This course is based out of the Murie Science and Learning Center Field Camp, located 29 miles inside Denali National Park along the Teklanika River. The Field Camp includes rustic tent cabins and outhouses. Meals are simple and healthy.

### Accreditation

The University of Alaska Anchorage (UAA) offers one professional development credit (level 500) for an additional \$79 fee. You must register for the credit directly with UAA. Please see our website for registration directions.

### Questions?

More detailed information about this course can be found by opening the other documents in the “course details” tab on the website.

If you have other questions, please contact the Murie Science and Learning Center by email [courses@akgeo.org](mailto:courses@akgeo.org) or by calling (907) 683-6432.